

Open Enrollment 2022 Plan Year

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Agenda

- The 2022 LivingWell Program
- Eligibility
- Portal and Mobile App
- Next Steps

WEBMD MISSION STATEMENT

To empower organizations and their populations to improve well-being through personalized, strategic partnerships.

2021 Program Highlights

- 90% LivingWell Promise completion!
- Well-Being Challenges
 - Over 7,000 registered for the Five to Thrive Nutrition Challenge
 - Earlier this year, we had 6,158 register for The Invitational
- Over 22,000 have participated in Health Coaching
- 24,088 using the Wellness At Your Side App

The 2022 LivingWell Program

The *Living* >> **Well** Promise

+

Living >> **Well** Engagement Activities

The LivingWell Promise

- **Dates:** January 1 – July 1, 2022
- **Requirement:** Complete the online Health Assessment **OR** a Biometric Screening.
- **Reward:** Earn up to a \$480 premium incentive (\$40 a month) in 2023.
- **Eligibility:** Medically enrolled employees.

LivingWell Engagement Activities

- **Dates:** January 1 – December 31, 2022
- **Purpose:** Well-being activities aimed to encourage healthy behaviors
- **Eligibility:** Medically enrolled employees and spouses
- **Rewards:**
 - Employees earn up to \$200 in gift cards
 - Spouses earn up to \$100 in gift cards

Eligibility

- All medically-enrolled employees and retirees are eligible to participate in the LivingWell Program.
- Spouses covered by KEHP insurance are eligible for 2022.
- Both spouses must complete if on a cross-reference plan.
- Waivers will not be eligible to participate.

WebMD ONE

Overview

WebMD ONE Online Portal

The screenshot shows the WebMD ONE Online Portal interface. At the top, there are logos for the Kentucky Personnel Cabinet, Kentucky Employees' Health Plan, and Living Well. Below these are navigation buttons: "My Health" (highlighted), "Benefits", "Daily Habits", and "Rewards". A greeting banner says "Hello, TestUser012". Below the banner are tabs for "Home", "Exercise", "Nutrition", and "EDIT". The main content area is titled "Things I'm Working On" and contains two cards. The first card, "THE FIVE TO THRIVE NUTRITION CHALLENGE", says "The Challenge Is On!" and "Don't forget to record your fruits and vegetables every day." with an "ENTER YOUR DATA" button. The second card says "Your Coach wasn't able to reach you!" and "They will try reaching back out to you again or you can reschedule for a time that works best for you!" with a "RESCHEDULE" button. Below this is a "Recommended For You" section with a "SEE ALL" link. It contains three cards: "Five to Thrive Webinars" with a "REGISTER NOW" button, "Coach Connect" with a "CONNECT" button, and "Nutrition" with an "EAT HEALTHY" button.

My Health Benefits Daily Habits Rewards

Hello, TestUser012

Home Exercise Nutrition EDIT

Things I'm Working On

THE FIVE TO THRIVE
NUTRITION CHALLENGE

The Challenge Is On!
Don't forget to record your fruits and vegetables every day.

ENTER YOUR DATA

Your Coach wasn't able to reach you!
They will try reaching back out to you again or you can reschedule for a time that works best for you!

RESCHEDULE

Recommended For You [SEE ALL](#)

Five to Thrive Webinars
Register for the upcoming webinars: Eating Well with Living Well. A new topic each week!

REGISTER NOW

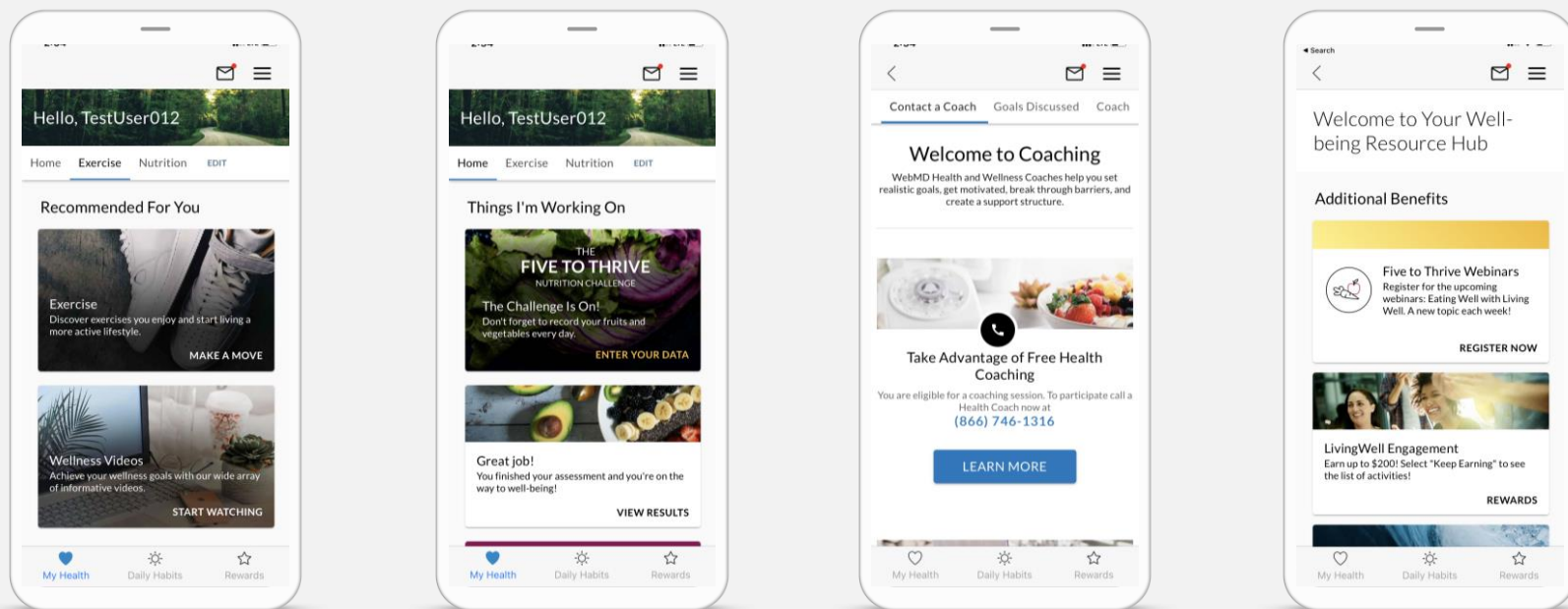
Coach Connect
Message a professional Health Coach for help reaching your wellness goals.

CONNECT

Nutrition
Experience the many benefits of eating a healthy, well-balanced diet

EAT HEALTHY

Wellness At Your Side Mobile App

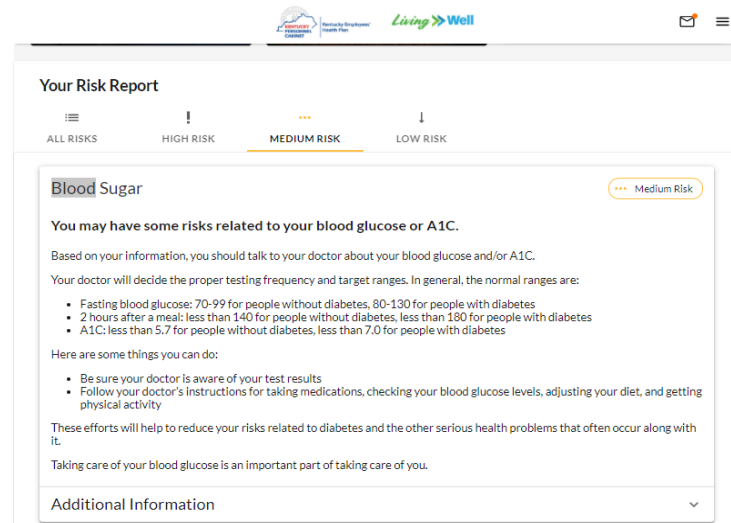
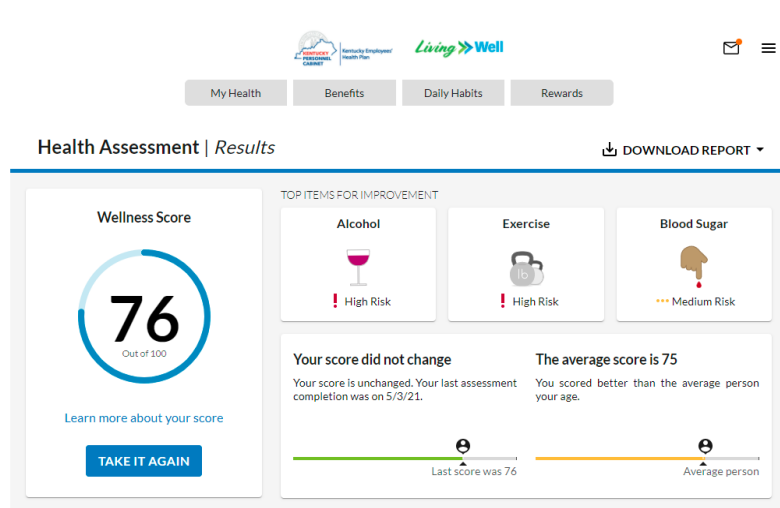


Health Assessment

The screenshot shows the 'LivingWell' Health Assessment interface. At the top, there are navigation tabs: 'My Health', 'Benefits', 'Daily Habits', and 'Rewards'. The 'LivingWell' logo is prominently displayed. Below the navigation, the title 'Health Assessment' is centered. A blue information icon is followed by the text: 'Take the Health Assessment to learn your personal health score and get recommendations for making positive steps towards better health. Complete each section below to finish your Health Assessment.' To the right of this text is an illustration of a family (a man, a woman, and two children) sitting at a picnic table outdoors. Below the text and illustration is a grid of five assessment sections, each with a circular progress indicator and a button:

Section	Progress	Action
About You	13% Complete	CONTINUE
Health Behaviors	0% Complete	START
Emotional Health	0% Complete	START
Clinical	0% Complete	START
Health Coaching	16% Complete	CONTINUE

Health Assessment



Daily Habits

The screenshot shows the 'Daily Habits' section of the WebMD One portal. At the top, there are logos for the Kentucky Personnel Cabinet, Kentucky Employees' Health Plan, and LivingWell. Below these are navigation tabs: 'My Health', 'Benefits', 'Daily Habits' (which is selected), and 'Rewards'. Under the 'Daily Habits' tab, there are sub-tabs: 'To-Do', 'Calendar', 'Journey', and 'Plans'. The 'To-Do' sub-tab is active. The main content area has a heading 'Start a Plan to start building Daily Habits!' followed by the text 'You have no active Plans.' and a blue button labeled 'START A PLAN'. Below this is an illustration of three people (two running, one walking a dog) on a city street. At the bottom, there is a footer with the WebMD ONE logo, links for 'Policies' and 'Contact Us', and a copyright notice for 2021 WebMD Health Services Group, Inc.

Kentucky Personnel Cabinet Kentucky Employees' Health Plan LivingWell

My Health Benefits **Daily Habits** Rewards

To-Do Calendar Journey Plans

Start a Plan to start building Daily Habits!

You have no active Plans.

START A PLAN

WebMD ONE Policies Contact Us

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[See additional information.](#)

Device and App Connection Center

The screenshot shows the 'Device and App Connection Center' interface. At the top, there are logos for 'Kentucky Personnel Cabinet', 'Kentucky Employees' Health Plan', and 'Living >> Well'. Below these are navigation tabs: 'My Health', 'Benefits', 'Daily Habits', and 'Rewards'. A blue banner reads 'Get connected! Simply choose your device, sync with WebMD, and start tracking'. Below this is a section for 'Wellness at Your Side' with a 'Connected' status and a 'Connect new device' link. A search bar labeled 'FIND YOUR DEVICE OR APP' is present. The main area displays a grid of device and app cards: 'BodyTrace BPM' (Accurate, Real-Time Blood Pressure Monitoring), 'FatSecret' (FatSecret is an online tool to achieve your diet goals), 'Fitbit' (Fitbit offers wearable devices to help you lead a healthier, more active life), 'Garmin Connect' (Garmin designs, manufactures and markets GPS navigation, communication and sonar products), 'iHealth' (iHealth designs innovative, mobile personal healthcare products for everyone), 'MapMyFitness' (Your workout, your device, anywhere, anytime), 'MapMyHike' (You may wander, but you'll never be lost), 'MapMyRide' (We're ready to ride, anytime, anywhere), and 'MapMyRun' (You pound the pavement, we provide the motivation).

Next Steps

Reminders

- You can still earn up to 200 Engagement Points (\$200) this year
- Redeem your points by [12/31/2021](#) - they will not rollover

www.KEHPLivingWell.com

WebMD ONE Mobile Access

LivingWell at your Fingertips!

- Visit www.kehplivingwell.com on a mobile browser for on-the-go access.
- Connect through the Wellness at Your Side App
 - Available for iOS and Google App Stores
 - Connection Code: KEHP

What's Next?

- Great news! If you registered in 2021, you are good moving forward.
- If you are new to KEHP Benefits or yet to experience the LivingWell Program since the move to WebMD ONE, you will need to register for your new account on WebMD ONE.
- The 2022 program kicks off on January 1, 2022.



Empowering Well-Being In Everyone

WebMD Customer Service: 1-866-746-1316